



Quarter 4 News

October 1st—31st is Open Enrollment

Information about Open Enrollment for 2018 is posted on the State Employee Health Plan website. <http://www.kdheks.gov/hcf/sehp/PY2018-Info.htm>.

This year will be an **ACTIVE** enrollment and all employees will need to make their health elections during Open Enrollment in the Membership Administration Portal (MAP). <https://sehp.member.hrissuite.com/>

Member Portal

Home Register Sign In

Member Login

Email address

Password

Sign In

Not Yet Registered?

To gain access to the Member Portal you will need to verify your identity by registering. If you have not already registered your account, please [click here](#) to register now.

Trouble Logging In?

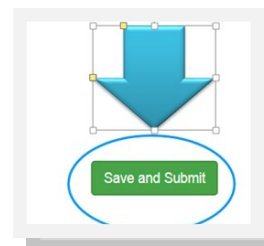
If you are having trouble logging in, or have forgotten your username or password, you may re-register your account to gain access. [Click here](#) to register now.

***During the month of October, you will need to log in to the Membership Administration Portal (MAP) and complete the election process for 2018 .

- EEs need to “Save and Submit” elections
- Print the Pending Elections Statement

Review and Submit

Please review the elections you made shown below. If you are satisfied with these elections, please click the "Save and Submit" button to continue



- [2018 Open Enrollment Book for State and Non State Public Employees](#)
- [2018 Open Enrollment Meetings and Webinars](#) - Here you will find a list of Meetings and Webinars for State Agencies, Non-State Agencies as well as Direct Bill Retirees





Aetna Medical Benefits & Transparency Tools

State of Kansas employees and Non State employees have the option of enrolling with Aetna, for their medical carrier, during this Open Enrollment. This webinar will provide details on Aetna coverage, their provider network, transparency tools and how to navigate within their website. Aetna medical coverage will offer Plans A, C, J, N and Q. Please register for the date and time that works best for you:






<https://attendee.gotowebinar.com/register/62101901630798083>

- Friday, September 29, 2017 at 1:00 PM
- Tuesday, October 10, 2017 at 1:00 PM

After registering, you will receive a confirmation email containing information about joining the webinar. You will also receive another email one hour prior to the webinar with the webinar log in information. Sound will be broadcast over the internet so your computer will need to be equipped with speakers to hear the broadcast.

Make Your Own Trail Mix!

Use this chart to easily create a delicious picnic snack that won't send you straight into a sugar or salt overload (as many pre-packaged varieties often do). You might start by first deciding if you want to make it sweet, salty or both.

Seasoning	Grains	Nuts	Extras	Dried Fruits/Veggies*
 Cinnamon Nutmeg Apple pie spice Ranch seasoning mix Taco or chili seasoning Garlic powder Onion powder Parsley Chili powder Lemon pepper Your favorite grill seasoning	 Whole grain cereal Pretzels Sesame sticks Dried beans Edamame	 Almonds Cashews Hazelnuts Peanuts Pecans Pine nuts Walnuts	 Beef or turkey jerky chunks Coconut flakes Crystalized ginger Dark chocolate chips Pumpkin or sunflower seeds	 Apple chips Apricots Bananas Cherries Cranberries Raisins Mango Pineapple Squash or carrot chips Okra Green beans

* Look for unsweetened/ no salt added varieties





2018 Benefit and Coverage Questions:

Aetna: 1.866.851.0754 or www.aetnastateofkansas.com

BCBS: 1.800.332.0307 or www.bcbsks.com/CustomerService/Members/State/

Caremark: 1.800.237.2767 or www.caremark.com

Delta Dental: 1.800.234.3375 or www.deltadentalks.com

NueSynergy: 1.855.750.9440 or www.KansasFSA.com

Optum (HRA/HSA): 1.877.470.1771 or www.mycdh.optum.com

Quest Labs: 1.800.646.7788 or www.labcard.com

Surency: 1.866.818.8805 or www.surency.com/stateofkansas

Eligibility & Enrollment Portal and or **HRA & HSA** KDHE.SEHPMembership@ks.gov

Health Plan KDHE.Benefits@ks.gov

Saving on your prescriptions
just got easier.

**The power of Rx Savings Solutions
is now available in an app!**

Download the Rx Savings Solutions
app today to view prescription
pricing and easily access your
personalized prescription savings.



Rx Savings
Solutions



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Google Play™ or the App Store®.

Rx Savings Solutions has partnered with your health plan to save you money on prescriptions. We utilize your claims history to find opportunities to save money on medications you and your family are taking. Google Play and the Google Play logo are trademarks of Google Inc. Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries.

Focus on Women's Health Month.

Did you know you make 200 decisions about food every day? Make the easy choice and get your daily fill of fruits and veggies in a delicious smoothie. Read more about the benefits of smoothies to women's health. Smoothies are also a healthy option for men!

The Virtues of a Smoothie...

Pack Your Protein

Proteins are an important part of your bones, muscles, and skin. Good sources of protein include: milk, yogurt, and nut butters.

Need Calcium and Iron? Blend It Up!

Get your dose of bone-building vitamins by blending in some spinach (for iron) and kale (for calcium).

Heart - Healthy Fats Do a Body Good

Omega - 3 fatty acid helps your body work well. Blend in some walnuts and flaxseed to increase your healthy fat intake.

Get In Your Daily Serving of Fruit and Veggies

They are a great way to get the vitamins and nutrients you need. Add an orange to get in your dose of potassium which helps to lower blood pressure.

Find Your Mindful Moment

De-stress by taking a quiet moment to sip a smoothie and find your zen.



There Are 3 Months Left To Earn Your HealthQuest Premium Incentive for 2018



Employees and spouses enrolled in medical plans A and C, you have until Sunday, **December 31, 2017** to complete your Health Assessment (worth 10 credits) and earn 40 total HealthQuest Credits and get the **premium incentive** of \$480 for 2018.

Plan C members and covered spouses, the deadline **for credits to be posted and for you to receive HSA and HRA dollars** for completing HQ activities is **November 9th, 2017**. This means credits must be posted in the HQ portal by **November 9th, 2017** to receive HSA or HRA contributions.

Log on to: <https://kansashealthquest.cernerwellness.com> to complete your Health Assessment and earn your total credits.